

TUOLUMNE COUNTY ELEMENTARY SPORTS PROGRAM

STATEMENT OF GENERAL PHILOSOPHY

Youth, by inherent nature, are active physically and have a zest for adventure. Most young children are interested in playing games, and have a strong desire to compete.

School athletics are a potential educational force of tremendous power in meeting many of the needs of youth. Competition and cooperation are prized in our California culture, and both are fostered by well-conducted athletic games under competent leadership.

Athletics which are regulated to meet educational objectives can provide a major contribution to fitness of the participant through (1) development of an appreciation for health and physical fitness; (2) learning the "give and take" essential to environmental adjustment and appreciation of the values of sportsmanship and cooperation in good citizenship; (3) acquiring skills, knowledge, and attitudes which can result in life-long recreational values; and (4) gaining self-reliance and understanding the necessity for hard work and self-discipline in order to be prepared for the task ahead.

Historically, California has believed in the value of competition in athletics as part of the educational experience. We are dedicated to pursue this principle by directing and encouraging an athletic program, which will give our youth the best possible chance to benefit in full measure from their participation.

CODE OF ETHICS

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To encourage leadership, use of initiative, and good judgment by the players on a team.
8. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
9. To remember that an athletic contest is only a game - not a matter of life and death for player, coach, school, officials, community, state, or nation.
10. To ensure that opportunities to participate in sports shall be provided equally for both boys and girls.

PURPOSE:

To sponsor and govern competitive sports through an Elementary School program.

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RULES AND REGULATIONS OF ATHLETICS

ELIGIBILITY OF STUDENT ATHLETES

Only students in the 6th, 7th, and 8th grade are eligible to participate.

Students who are not enrolled in programs under the jurisdiction of the District are not eligible to participate.

All student athletes are required to have completed immunizations in order to be eligible to participate. Each school's administration and AD is responsible to monitor immunization requirements for their athletes.

No student, whose 15th birthday is attained prior to June 15, shall participate or practice on any team in the following school year.

Team Designations

Schools shall designate the type of team for each sport according to the following:

(1) Student Team

Whenever the school provides only a team or teams for boys in a particular sport, girls are permitted to qualify for the student team(s).

(2) Boys Team

Whenever the school provides a team or teams for boys and a team or teams for girls in the same sport, girls shall not be permitted to qualify for the boys team(s) in that sport, nor shall boys be permitted to qualify for the girls team(s) in that sport.

(3) Girls Team

Whenever the school provides only a team or teams for girls in a particular sport, boys shall not be permitted to qualify for the girls team in that sport unless opportunities in the total sports program for boys in the school have been limited in comparison to the total sports program for the girls in that school. Permission for boys to qualify for a girls team must be secured through petition by the school principal to the Federated Council.

(4) Mixed Team (Coed)

Whenever the school provides a mixed or coed team in a sport in which the game rules designate either a certain number of team participants from each sex or contains an event that designates a certain number of participants from each sex, boys shall not be permitted to qualify for the girls positions on the mixed team nor shall girls be permitted to qualify for the boys positions on the mixed team.

FORFEITS

If a team does not have an adequate number of players to field a team in that event, the coach may substitute players from other teams to play the game; however, said team must forfeit the contest if they elect to bring upper level players down.

- Except in an emergency, (i.e. not enough players to begin a game), a player is limited to play in one level of competition per game day.

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OFFICIATING

Referees will be the responsibility of the home team to schedule, secure, and pay through their district office. At least one referee must be an adult.

Payment for officials will be at the following rate: **(revised 2019)**

7th/8th Grade Girls' Basketball (2 officials/game) - \$40.00 each

6th Grade Girls' Basketball (2 officials/game) - \$30.00 each

Boys' Wrestling (1 official/match) - \$50.00 each

7th/8th Grade Boys' Basketball (2 officials/game) - \$40.00 each

6th Grade Boys' Basketball (2 officials/game) - \$30.00 each

7th-8th Grade Girls' Volleyball (1 referee/1 umpire/match) - \$40.00/ref and \$25.00/ump

6th Grade Girls' Volleyball (1 referee/1 umpire per match) - \$30.00/ref and \$20.00/ump

If an official has to work alone, we recommend an additional \$10.00 be added to his/her total.

SUPERVISION

The home school's district will be responsible for overall supervision of all athletic events being conducted at the school.

Both the "home" and "visiting" team coaches are responsible for supervision of their student athletes from the time their students arrive on the school campus for competition until they leave.

Both the "home" and "visiting" coaches are responsible for sportsmanship of their fans during games.

COMPLAINTS

If a complaint is lodged during an athletic event, the coaches involved would attempt to resolve the problem during the contest.

If this is not possible, then the coaches would contact their respective Athletic Director.

Final complaint resolution will be made by the Superintendents of the districts involved.

SEASON START DATE

The season of a sport, including the date when practices, games, or tournaments may begin, will be agreed upon by the Athletic Directors from all of the elementary school districts.

Tryouts for schools fielding multiple teams in a division may occur 3 school days prior to the start of practice for each respective season.

If a complaint about a violation of the season start time is made, the following process will take place:

1. The coach making the complaint will go to their Athletic Director.
2. The Athletic Director will notify the other school's Athletic Director who will investigate and notify his Superintendent.
3. The Athletic Director will notify the other school's Athletic Director.
4. Athletic Directors at each school have overall responsibility for seeing that # 1-3 are followed.

PENALTIES

The School District's Superintendent shall institute penalties for infractions of the Rules and Regulations and Code of Ethics

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TCESP offers athletic competition for students in the following sports:

6th/7th/8th Girls' Volleyball

6th/7th/8th Boys' Basketball

6th/7th/8th Co-Ed Track

6th/7th/8th Girls' Basketball

6th/7th/8th Boys' Wrestling

6th/7th/8th Co-Ed Cross Country

Schools will start the first game at 3:45 p.m.

6th grade games must end by 5:00 p.m. 7th grade will start 10 minutes after the conclusion of the 6th grade game and will be followed by the 8th grade after a 10-minute warm-up.

GIRLS' VOLLEYBALL

Girls' volleyball rules will be governed by the rules set by N.F.H.S. with the addition of the following:

- Regulation net height of 7 feet 4 1/8" to be used whenever possible.
- 5 serve rotate rule - one girl may serve 5 consecutive serves then the team must rotate to the next server or substitute a player.
- Libero can be used but each team must track their own libero.
- Numbers must be visible on both sides of the athlete's jersey.

GIRLS' BASKETBALL

Girls' basketball rules will be governed by the rules set forth by N.F.H.S. with the addition of the following:

- 8th grade will play four (8) minute stop-the-clock quarters with a (5) minute halftime break.
- 7th grade will play four (7) minute stop-the-clock quarters, with (5) minute halftime break.
- 6th grade will play four (6) minute stop-the-clock quarters, with (5) minute halftime break.
- Full court press is allowed in the 6th grade **only** in the 4th quarter of a game when the score is within 10 points.
- In 7th/8th grades the full court press is allowed.
 - In the 4th quarter once the lead reaches 20 points neither team will be allowed to use the full court press.
 - The 1st infraction will constitute a warning, 2nd infraction a technical and 3rd infraction a technical and coach removal.
- MERCY RULE: In the 4th quarter, when either team has a 20-point lead, the game will revert to a running clock. The clock will not stop except for timeouts and free throws.
- REMINDER TO COACHES: The 10 second backcourt rule is in effect at all times.
 - A player shall not be, nor may his/ her team be, in continuous control of the ball which is in his/ her backcourt for 10 seconds. (NFHS Rule 9 Section 8)

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BOYS' BASKETBALL

Boys' basketball rules will be governed by the rules set forth by N.F.H.S. with the addition of the following:

- 8th grade will play four (8) minute stop-the-clock quarters with a (5) minute halftime break.
- 7th grade will play four (7) minute stop-the-clock quarters, with (5) minute halftime break.
- 6th grade will play four (6) minute stop-the-clock quarters, with (5) minute halftime break.
- Full court press is allowed in the 6th grade **only** in the 4th quarter of a game when the score is within 10 points.
- In 7th/8th grades the full court press is allowed.
 - In the 4th quarter once the lead reaches 20 points neither team will be allowed to use the full court press.
 - The 1st infraction will constitute a warning, 2nd infraction a technical and 3rd infraction a technical and coach removal.
- MERCY RULE: In the 4th quarter, when either team has a 20-point lead, the game will revert to a running clock. The clock will not stop except for timeouts.
- REMINDER TO COACHES: The 10 second backcourt rule is in effect at all times.
 - A player shall not be, nor may his/ her team be, in continuous control of the ball which is in his/ her backcourt for 10 seconds. (NFHS Rule 9 Section 8)

BOYS' WRESTLING

Boys' wrestling rules will be governed by the rules set by N.F.H.S, with the addition of the following:

- Before participation in any league match or tournament, a wrestler must:
 - Participate in 5 days of practice
 - Be officially weighed in
 - Be placed on the team roster
- A mandatory weigh-in will be held for all participating schools prior to the season. A second weigh-in will be held a week after for wrestlers who are unable to attend the mandatory weigh-in.
- Wrestlers may only weigh-in wearing their uniform or appropriate undergarment. A weigh-in roster will be compiled and given to athletic directors prior to the start of league matches. No wrestler will wrestle lower than their original league weigh-in weight during league matches and can only wrestle one weight class higher during league matches.
- An additional mandatory weigh-in will be held prior to the County Tournament. Wrestlers may only weigh-in wearing their uniform or appropriate undergarment. From this tournament weigh-in a wrestler can only wrestle up one weight class in the tournament. However, from this tournament weigh-in a wrestler can only wrestle down one weight class from the original mandatory league weigh-in.

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- Weight classes will be established at the start of the season by the Athletic Directors – not to exceed 13 weight classes. An additional 2 pounds will be allowed after completing the week of November 28.
- TIME PERIODS: Three one-minute rounds. Tournament overtimes, three 30- second rounds.
- SCORING: Team scores may be kept during league wrestling matches.
- UNIFORM: Head protection is required. Long sleeve shirts, loose fitting T-shirts and long pants, which would hinder opponents grasp, shall not be allowed. Knee pads may or may not be worn, however, if they are used, they must be worn on the knees and not the ankles. Shoes must be worn during matches.
- CROWD CONTROL: A team point may be deducted from a team if the coach, spectators or team members yell unfitting remarks, or are exhibiting unsportsmanlike conduct.

Tuolumne County Wrestling Tournament Rules

- I. Eligibility for tournament
 - a. 6th – 8th grade boys
 - b. Wrestlers must be on the official team roster
 - c. Wrestlers must have been weighed in prior to the tournament
- II. Format of tournament
 - a. Double Elimination
 - b. Each school will be allowed 2 wrestlers in each weight class
 - i. additional wrestlers in weight class will wrestle as unattached and not earn team points.
- III. Weight Classes
 - a. Determined by coaches and athletic directors at the beginning of the season
 - i. 2 lbs. are added to weight classes after Thanksgiving
- IV. Weigh in procedures
 - a. Weigh-ins held Thursday prior to tournament
 - b. Wear only singlet or appropriate undergarment (give .2 for singlet)
 - c. Step on, step off, and step on
 - d. No rounding off ounces
- V. Seeding Meeting
 - a. Held Thursday prior to the tournament after weigh-ins
- VI. Tournament Day
 - a. 4 coach's bands available per school
 - b. Score tables
 - i. Each participating school will provide volunteers to staff the score tables at each mat.

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CO-ED TRACK

Rules

The Tuolumne County Elementary School Track Meet will be conducted each year. Athletes in 6th/7th/8th grade only are eligible to participate.

¼ inch spikes ONLY are allowed. No starting blocks may be used.

Events:

- High Jump
- Long Jump
- Triple Jump
- Shot Put
- 100m
- 200m
- 400m
- 800m
- 1600m – open event
- Co-ed 400m relay
- 6,7,8 Girls and Boys (separate) 4x400 Relay

Other:

- Each school can enter 3 athletes per running event with the exception of the 1600m which will have no entry limit.
- Each school can enter 4 athletes per field event.
- Each athlete can only participate in 4 events including the co-ed relay (the all gender 4x400 relay will not count towards the athlete's 4 events)
- The size of the shot put will be **6lbs.** for 6th-8th grade girls and 6th grade boys & **8 lbs.** for 7th and 8th grade boys.
- Athletes competing in the Shot Put, Long Jump, and Triple Jump will be allowed 2 attempts.
- High Jump competitors will be allowed two misses.

COED CROSS COUNTRY

All information regarding cross country meets will be communicated by each individual host school.

TUOLUMNE COUNTY ELEMENTARY SPORTS PROGRAM

**Tuolumne County Elementary Sports Program
(TCESP)**

Application for Participation of a JPA Non-Member, County Resident Elementary School

Name of school: _____

Administrator Name and contact information: _____

Athletic Director Name and contact information:: _____

Application is for the _____ school year

Please check the sports you are requesting participation:

- Cross country basketball boy's wrestling
- Track girls' basketball girls' volleyball

Do you have a facility for hosting home games?

- Yes No

If no, are you agreeable and able to pay for rental of another district's facility for home games?

- Yes No

Schools unable to secure a facility to host games will not be able to field teams in that activity.

Can you fill a single grade level team? _____

Please describe: _____

Do you have a multiple level team? _____

Please describe: _____

By signing below you are agreeing to share in program costs and fees. Fees include Athletic Commissioner stipend, awards, facility rental fees, fingerprinting, and other costs for referees.

School District Signature

Date

Authorized Signature

Date

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TCESP Representative Section

_____ School District

Date application submitted: _____

Completion of Certificate of Liability Insurance acknowledgement.

May participate and be scheduled in requested sports.

Notes: _____

May coordinate with individual AD's to schedule scrimmages throughout the season and participate in pre and post tournaments.

Notes: _____

TCESP request more information before status determination

Notes: _____

Application has been denied at this time.

Notes: _____

Approval Signature

Date

Please submit this with your application.